

T22 - 100m - FINAL U13G (S)

12:40

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	6	Emma JOHNSON	Bridgend AC	14.46	-0.6	
2	14	Shauna QUIRKE	Bridgend AC	14.77		
3	12	Brenna PRICE	Aberdare VAAC	15.17		
4	17	Megan WILLIAMS	Cardiff AAC	15.25		
5	11	Zoe NASH	Bridgend AC	15.29		
6	3	Erin HAYES	Barry & Vale	15.45		
7	7	Jessica LAMBERT	Aberdare VAAC	15.74		

T3 - 100m - heat 1 U13G (S)

11:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	6	Emma JOHNSON	Bridgend AC	14.75	-1.5	F
2	7	Jessica LAMBERT	Aberdare VAAC	15.41		F
3	3	Erin HAYES	Barry & Vale	15.58		F
4	16	Leah THOMAS	Bridgend AC	16.15		
5	8	Rhiannon LONG	Cardiff AAC	16.44		

T4 - 100m - heat 2 U13G (S)

11:05

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	14	Shauna QUIRKE	Bridgend AC	14.80	(-1.0)	F
2	17	Megan WILLIAMS	Cardiff AAC	14.93		F
3	11	Zoe NASH	Bridgend AC	15.02		F
4	12	Brenna PRICE	Aberdare VAAC	15.10		F
5	5	Chelsea HUTCHEON	Barry & Vale	15.98		F

T37 - 200m - FINAL U13G (E)

14:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	14	Shauna QUIRKE	Bridgend AC	30.22	-2.7	
2	12	Brenna PRICE	Aberdare VAAC	31.24		
3	11	Zoe NASH	Bridgend AC	31.48		
4	5	Chelsea HUTCHEON	Barry & Vale	32.31		

T25 - 1500m - FINAL U13G (S), U13G (E)

12:55

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	218	Kate COKER	Barry & Vale	5:21.38		
2	216	Jordan CARPENTER	Bridgend AC	5:33.59		
3	3	Erin HAYES	Barry & Vale	5:40.07		
4	217	Tillie CARTER	Barry & Vale	5:57.76		
5	221	Katie ROBERTS	Bridgend AC	6:01.12		

T57 - 70m hdl - FINAL U13G (S)

16:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	6	Emma JOHNSON	Bridgend AC	12.79	+2.0	
2	364	Bethan TRIGG	Cardiff AAC	13.11		
3	16	Leah THOMAS	Bridgend AC	13.95		
4	7	Jessica LAMBERT	Aberdare VAAC	14.77		
	2	Ffion COLLINS	Cardiff AAC	DNF		

F9 - High Jump - South Wales Under 13 Girls

11:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	269	Kate SEARY	Cardiff AAC	1.35		

F15 - Long Jump - South Wales Under 13 Girls

11:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	12	Brenna PRICE	Aberdare VAAC	4.20		
2	293	Rachel COSIER	Barry & Vale	3.93		
3	11	Zoe NASH	Bridgend AC	3.50		
4	364	Bethan TRIGG	Cardiff AAC	3.44		
5	5	Chelsea HUTCHEON	Barry & Vale	3.39		
6	16	Leah THOMAS	Bridgend AC	3.35		
7	7	Jessica LAMBERT	Aberdare VAAC	3.23		
8	292	Nia BODILLY	Unattached	2.74		

F69 - Shot - South Wales Under 13 Girls - (2.72kg)

16:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	6	Emma JOHNSON	Bridgend AC	5.59		

F64 - Javelin - South Wales Under 13 Girls - (400g)

15:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	355	Tasia STEPHENS	Aberdare VAAC	22.61		
2	14	Shauna QUIRKE	Bridgend AC	19.08		

T24 - 100m - FINAL U15G (S)

12:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	43	Cyndi KITENGE	Cardiff AAC	13.46	-1.7	
2	41	Sophie EDWARDS	Cwmbran H	14.24		
3	39	Catrin COSIER	Barry & Vale	14.28		
4	44	Karys KNAPMAN	Barry & Vale	14.62		
5	38	Ruby COATES	Cannock & Staffs	14.62		
6	49	Lucy TAYLOR	Bridgend AC	14.72		
7	48	Lauren PARSONS	Cardiff AAC	14.95		
8	45	Rosin Mortimer	AberdareVAAC	14.99		
9	46	Katie Munro	Cardiff AAC	16.38		

T39 - 200m - FINAL U15G (S)

14:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	43	Cyndi KITENGE	Cardiff AAC	27.97	-3.5	
2	41	Sophie EDWARDS	Cwmbran H	28.96		
3	39	Catrin COSIER	Barry & Vale	29.12		
4	44	Karys KNAPMAN	Barry & Vale	29.15		
5	48	Lauren PARSONS	Cardiff AAC	30.18		
6	45	Rosin MORTIMER	Aberdare VAAC	30.91		
7	130	Bethan ELLIS	Cardiff AAC	31.68		

T26 - 300m - FINAL U15G (S), U15G (E)

13:05

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	154	Leonora FOLEY	Cardiff AAC	47.62		

T28 - 1500m - FINAL U15G (S), U15G (E)

13:15

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	158	Lora ROBERTS	Bridgend AC	5:09.53		
2	226	Rebecca EVANS	Pontyclun AC	5:12.71		
3	232	Megan OSBORNE	Bridgend AC	5:15.29		
4	233	Lucy TARRANT	Bridgend AC	5:21.44		
5	228	Clare HARWOOD	Cardiff AAC	5:25.13		
6	230	Hannah MITTELBERGER	Bridgend AC	5:44.17		
7	157	Catrin ROBERTS	Bridgend AC	6:15.05		

T56 - 75m hdl - FINAL U15G (S), U15G (E)

16:25

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	198	Rebecca FOLEY	Cardiff AAC	13.37	-2.1	
2	154	Leonora FOLEY	Cardiff AAC	14.81		
3	199	Chloe PHILLIPS	Cardiff AAC	15.06		

F10 - High Jump - South Wales Under 15 Girls 11:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	37	Ffion BODILLY	Cardiff AAC	1.50		

F23 - Pole Vault - South Wales Under 15 Girls 12:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	281	Lucy DALY	Cardiff AAC	2.45		
2	282	Sally NICHOLAS	Cardiff AAC	2.35		

F16 - Long Jump - South Wales Under 15 Girls 11:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	49	Lucy TAYLOR	Bridgend AC	4.55		
2	199	Chloe PHILLIPS	Cardiff AAC	3.87		
3	38	Ruby COATES	Cannock & Staffs	3.67		

F34 - Discus - South Wales Under 15 Girls - (1.0kg) 12:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	335	Zoe DAKIN	Bridgend AC	20.59		

F5 - Hammer - South Wales Under 15 Girls - (3.0kg) 11:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	335	Zoe DAKIN	Bridgend AC	21.73		

F65 - Javelin - South Wales Under 15 Girls - (600g) 15:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	335	Zoe DAKIN	Bridgend AC	17.96		

I - 100m - FINAL U15G (S), U17W (E), MW (E), SW (S), MW (S) 11:40

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	70	Mica MOORE	Cardiff AAC	12.51	-0.3	
2	62	Jamie-Leigh BOWEN	Cardiff AAC	12.83		
3	66	Hannah JONES	Cardiff AAC	13.11		
4	71	Rachel O'CONNOR	Bridgend AC	13.75		
5	63	Ellie CARTER	Barry & Vale	13.77		
6	68	Jessica MacDONALD	Cardiff AAC	14.36		
7	72	Bethany WHEDDON	Cardiff AAC	14.60		
8	69	Gabbi Martin	Cardiff AAC	14.87		

T42 - 200m - FINAL U17W (S) 15:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	70	Mica MOORE	Cardiff AAC	26.13	-2.4	
2	135	Samantha COGAN	Cardiff AAC	26.68		
3	62	Jamie-Leigh BOWEN	Cardiff AAC	27.00		
4	137	Lauren JONES	Bridgend AC	28.65		
5	63	Ellie CARTER	Barry & Vale	29.47		
6	72	Bethany WHEDDON	Cardiff AAC	30.46		

T27 - 300m - FINAL U17W (S), U17W (E) 13:10

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	163	Lauren McCARTHY	Cardiff AAC	43.06		
2	161	Aimee HENDRICKSON	Cardiff AAC	44.12		
3	160	Lucy HARVEY	Cardiff AAC	45.51		

T31 - 1500m - FINAL U17W (S), U17W (E), SW (S) 13:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	244	Majidah HARB	Cardiff AAC	5:07.39		
2	243	Bethan DAW	Cardiff AAC	5:13.53		
3	160	Lucy HARVEY	Cardiff AAC	5:24.18		

4 - 80m hdl - FINAL U15B (S), U15B (E), U17W (S), U17W (E) 16:10

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	203	Katie LEWIS	Bridgend AC	12.64	-2.0	
2	69	Gabbi MARTIN	Cardiff AAC	15.67		

T21 - 300m hdl - FINAL U17W (S), U17W (E) 12:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	203	Katie LEWIS	Bridgend AC	47.02		

F11 - High Jump - South Wales U17 Women 11:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	136	Alysha JONES	Bridgend AC	1.53		

F25 - Pole Vault - South Wales Under 17 Women 12:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	284	Rhianydd LLEWELLYN	Bridgend AC	3.15		

F35 - Discus - South Wales Under 17 Women - (1.0kg) 12:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	338	Trudy WILLIAMS	Bridgend AC	30.11		

F6 - Hammer - South Wales Under 17 Women - (4.0kg) 11:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	344	Hannah GREENSLADE	Bridgend AC	28.42		
2	338	Trudy WILLIAMS	Bridgend AC	27.12		

F66 - Javelin - South Wales Under 17 Women - (600g) 15:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	358	Amy TIDBALL	Bridgend AC	30.44		

T13 - 100m - FINAL JW (E), SW (E) 11:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	90	Amber VINCENT	Cardiff AAC	13.70	-1.6	
2	87	Danielle MILL	Cardiff AAC	13.83		

T45 - 200m - FINAL JW (S), JW (E) 15:15

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	143	Hannah LEWIS	Cardiff AAC	28.02	-1.5	
2	87	Danielle MILL	Cardiff AAC	28.36		

T61 - 400m - FINAL JW (S), JW (E), MW (S), SW (E) 16:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	177	Lauren REGAN	Cardiff AAC	1:01.71		

F17 - Shot - South Wales Junior Women - (4.0kg) 12:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	324	Ayla PHILLIPS	Cardiff AAC	9.73		

F1 - Hammer - South Wales Junior Women - (4.0kg) 10:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	324	Ayla PHILLIPS	Cardiff AAC	35.63		

T11 - 100m - FINAL U15G (S), U17W (E), MW (E), SW (S), MW (S) 11:40

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	101	Bethan Evans	UWIC	13.81	-0.8	
	500	Samantha Gamble	Cardiff AAC	DQ		

T46 - 200m - FINAL SW (S), SW (E) 15:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	150	Emma PETERS	Cardiff AAC	27.02	-3.1	
2	148	Sharon HEVERAN	Birchfield Harriers	28.40	-3.1	

T31 - 1500m - FINAL U17W (S), U17W (E), SW (S) 13:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	258	Leigh JAMES	WSE&H	5:30.66		

m - FINAL U15B (S), U17M (S), U17M (E), MW (S), MW(E), MM (S), 10:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	258	Leigh JAMES	WSE&H	11:28.16		

T53 - 100m hdl - FINAL U17M (E), JW (E), SW (S) 16:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	207	Lucy LOUGHER	Cardiff AAC	15.12	-2.7	

T19 - 400m hdl - FINAL U17M (S), U17M (E), JW (S), SW (S) 12:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	150	Emma PETERS	Cardiff AAC	1:02.62		
2	207	Lucy LOUGHER	Cardiff AAC	1:02.63		

F29 - Pole Vault - South Wales Senior Women 12:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	288	Lyndsey MAUND	Swansea Harriers	3.35		
2	289	Sally PEAKE	Liverpool	3.35		
3	287	Hannah ABRAHAM	Cardiff AAC	3.15		

F51 - Long Jump - South Wales Senior Women 14:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	148	Sharon HEVERAN	Birchfield Harriers	5.17		
2	101	Bethan EVANS	UWIC	4.20		

F82 - Triple Jump - South Wales Senior Women 16:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	367	Sarah BARRY	Cardiff	12.19		

F18 - Shot - South Wales Senior Women - (4.0kg) 12:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	148	Sharon HEVERAN	Birchfield Harriers	11.19		
2	327	Louise ALI	Aberdare VAAC	10.34		
3	328	Katie-Joanne HALLING	Rhondda AC	6.17		

F74 - Discus - South Wales Senior Women - (1.0kg) 16:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	327	Louise ALI	Aberdare VAAC	31.22		

F2 - Hammer - South Wales Senior Women - (4.0kg) 10:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	352	Carys PARRY	Rhondda AC	65.28		
2	328	Katie-Joanne HALLING	Rhondda AC	30.19		

1 - 100m - FINAL U15G (S), U17W (E), MW (E), SW (S), MW (S) 11:40

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	114	Lolita BYFIELD-MOORE	Cardiff AAC	13.27	-0.8	

T47 - 200m - FINAL JM (S), MM (S), MW (S) 15:25

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	114	Lolita BYFIELD-MOORE	Cardiff AAC	28.29	-3.1	

F19 - Shot - South Wales Master Women - (4.0kg) 12:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	333	Alyson HOURIHAN	Cardiff AAC	10.40		
2	332	Catherine ALFORD	Rhondda AC	8.58		

F76 - Discus - South Wales Master Women - (1.0kg) 16:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	333	Alyson HOURIHAN	Cardiff AAC	36.27		

F2A - Hammer - South Wales Master Women - (4.0kg) 10:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	333	Alyson HOURIHAN	Cardiff AAC	31.22		
2	332	Catherine ALFORD	Rhondda AC	26.16		

F68A - Javelin - South Wales Master Women - (600g) 15:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	333	Alyson HOURIHAN	Cardiff AAC	27.96		

T9 - 100m - FINAL U13B (S)

11:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	22	Harry DAVIES	Bridgend AC	14.24	-0.7	
2	25	Harri EVANS	Aberdare VAAC	14.39		
3	270	Rhys ROBERTS	Bridgend AC	15.01		
4	23	Oliver DAVIES	Bridgend AC	15.37		
5	19	Luke ALLISON	Barry & Vale	15.68		
	32	Connor MARTIN	Cardiff AAC	DQ		

T38 - 200m - FINAL U13B (S)

14:40

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	22	Harry DAVIES	Bridgend AC	29.48	-2.2	
2	25	Harri EVANS	Aberdare VAAC	30.01		
3	126	Luke HARRY	Cardiff AAC	30.79		
4	4	Oliver DAVIES	Bridgend AC	32.06		
5	28	Luke GILL	Newport Harriers	32.30		
6	127	Oliver HUNT	Cardiff AAC	32.89		
7	19	Luke ALLISON	Barry & Vale	33.86		

T29 - 1500m - FINAL U13B (S), U15B (S)

13:25

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	28	Luke GILL	Newport Harriers	5:22.15		
2	225	Ciaran LEWIS	Cardiff AAC	5:27.14		

F62 - Long Jump - South Wales Under 13 Boys

15:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	270	Rhys ROBERTS	Bridgend AC	4.38		
2	127	Oliver HUNT	Cardiff AAC	4.21		
3	25	Harri EVANS	Aberdare VAAC	4.09		
4	23	Oliver DAVIES	Bridgend AC	4.09		
5	22	Harry DAVIES	Bridgend AC	3.63		
6	19	Luke ALLISON	Barry & Vale	3.63		
7	294	Sam WILLIAMS	Aberdare VAAC	2.53		

F46 - Shot - South Wales Under 13 Boys - (3.25kg)

14:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	294	Sam WILLIAMS	Aberdare VAAC	5.25		

T14 - 100m - FINAL U15B (S), U17M (S) 11:55

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	61	Thomas WILLIAMS	Barry & Vale	13.01	-1.2	
2	55	Lewys JONES	Cardiff AAC	13.54		
3	52	Ashley BUNDY	Cardiff AAC	13.84		
4	51	Jacob BRISCOMBE	Barry & Vale	14.15		
5	58	Tomos OWEN	Bridgend AC	14.38		
6	56	Aiden KEAY	Cardiff AAC	14.44		

T41 - 200m - FINAL U15B (S), U15B (E) 14:55

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	61	Thomas WILLIAMS	Barry & Vale	26.21	-2.5	
2	51	Jacob BRISCOMBE	Barry & Vale	28.6		
3	56	Aiden KEAY	Cardiff AAC	29.31		

T29 - 1500m - FINAL U13B (S), U15B (S) 13:25

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	234	Matthew ANTONIAZZI	Cwmbran H	4:31.25		
2	235	Callam BARRIE	Barry & Vale	4:53.80		
3	236	Mario HARB	Cardiff AAC	5:27.10		

- FINAL U15B (S), U17M (S), U17M (E), MW (S), MW(E), MM (S) 10:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	260	Daniel GLEN	Bridgend AC	11:15.7		

4 - 80m hdl - FINAL U15B (S), U15B (E), U17W (S), U17W (E) 16:10

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	133	Jonathan BAILEY	Cardiff AAC	13.17	+1.4	

F57 - High Jump - South Wales Under 15 Boys 14:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	274	Felix IACONO	Cardiff AAC	1.40		
2	52	Ashley BUNDY	Cardiff AAC	1.40		
3	51	Jacob BRISCOMBE	Barry & Vale	1.35		

F24 - Pole Vault - South Wales Under 15 Boys 12:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	283	Dylan PRICE	Stanwell HSc	1.55		

F63 - Long Jump - South Wales Under 15 Boys 15:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	133	Jonathan BAILEY	Cardiff AAC	4.96		
2	55	Lewys JONES	Cardiff AAC	4.75		
3	61	Thomas WILLIAMS	Barry & Vale	4.70		
4	52	Ashley BUNDY	Cardiff AAC	4.51		
5	296	Paul KEELING	Stanwell HSc	4.03		

F47 - Shot - South Wales Under 15 Boys - (4.0kg) 14:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	313	Matthew FIELD	Aberdare VAAC	13.02		
2	314	Deon GARRISON	Cardiff AAC	6.63		

F41 - Javelin - South Wales Under 15 Boys - (600g) 13:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	314	Deon GARRISON	Cardiff AAC	23.72		

T14 - 100m - FINAL U15B (S), U17M (S) 11:55

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	85	Jamie SEXTON	Barry & Vale	11.63	-2.3	
2	501	Jamaul Whyte	Cardiff AAC	11.78	-2.3	
3	83	Matthew RUSSELL	Bridgend AC	12.51	-2.3	
4	78	Osian HUGHES	Cardiff AAC	12.79	-2.3	

T43 - 200m - FINAL U17M (S) 15:05

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	501	Jamaul Whyte	Cardiff AAC	23.38	0.0	
2	138	Jonathan PENGELLY	Cardiff AAC	23.82	0.0	
3	83	Matthew RUSSELL	Bridgend AC	24.39	0.0	
4	139	Tom PHILLIPS	Barry & Vale	24.68	0.0	
5	78	Osian HUGHES	Cardiff AAC	26.01	0.0	

T59 - 400m - FINAL 17M (S), JM (S) 16:40

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	140	James WILTSHIRE	Cardiff AAC	52.10		
2	138	Jonathan PENGELLY	Cardiff AAC	52.44		
3	172	Jacob BRENNAN	Cardiff AAC	53.35		
4	139	Tom PHILLIPS	Barry & Vale	55.61		
5	210	Lewis JONES	Bridgend AC	55.77		

T32 - 1500m - FINAL U17M (S), JM (S) 13:55

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	248	Stefano FALSINI	Cardiff AAC	4:44.79		
2	255	Joseff WHITMARSH-KNIGHT	Cardiff AAC	4:52.67		
3	253	Gareth JONES	Cardiff AAC	5:01.80		

- FINAL U15B (S), U17M (S), U17M (E), MW (S), MW(E), MM (!) 10:45

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	247	Alex EDWARDS	Cwmbran H	9:25.43		
1	252	Darren JONES	Cardiff AAC	10:04.35		

T50 - 1.5K S/C - FINAL U17M (S), U17M (E) 15:40

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	252	Darren JONES	Cardiff AAC	5:16.28		

T19 - 400m hdl - FINAL U17M (S), U17M (E), JW (S), SW (S) 12:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	211	Samuel MORGAN	Cardiff AAC	01:02.3		
2	175	William SINGER	Cardiff AAC	01:04.0		

F57A - High Jump - South Wales Under 17 Men 14:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	275	Stephen GUEST	Bridgend AC	1.85		
2	501	Jamaul WHYTE	Cardiff AAC	1.45		

F26 - Pole Vault - South Wales Under 17 Men 12:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	281	Lucy DALY	Cardiff AAC	2.45		
2	282	Sally NICHOLAS	Cardiff AAC	2.35		

F79 - Triple Jump - South Wales Under 17 Men 16:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	172	Jacob BRENNAN	Cardiff AAC	10.98		

F55 - Discus - South Wales Under 17 Men - (1.5kg) 14:10

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	322	Ryan LEONARD	Cardiff AAC	29.47		
2	340	Kieran QUIRKE	Bridgend AC	16.30		

F42 - Javelin - South Wales Under 17 Men - (700g) 13:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	322	Ryan LEONARD	Cardiff AAC	41.96		
2	340	Kieran QUIRKE	Bridgend AC	22.83		

T17 - 100m - FINAL JM (S), JM (E) 12:10

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	94	Chris HOWE	Cardiff AAC	11.53	-2.4	
2	95	Adam JONES	Barry & Vale	12.01	-2.4	
3	366	Curtis MATTHEWS	Barry & Vale	12.32	-2.4	
4	99	Phillip RUSSELL	Bridgend AC	12.57	-2.4	

T47 - 200m - FINAL JM (S), MM (S), MW (S) 15:25

Pos	Bib	Athlete	Club	Perf	W/S	Comments
		A FINAL				
1	95	Adam JONES	Barry & Vale	23.95	-1.1	
		B FINAL				
1	145	David GUEST	Bridgend AC	22.50	-3.5	

T59 - 400m - FINAL 17M (S), JM (S) 16:40

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	179	Declan EVANS	Cardiff AAC	53.38		

T51 - 2.0K S/C - FINAL JM (S), JM (E), SM (E) 15:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
		This event was run over 1500m SC				
1	257	Tomos WHITMARSH-KNIGHT	Cardiff AAC	4:43.89		

T52 - 110m hdl - FINAL JM (S) 15:55

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	145	David GUEST	Bridgend AC	14.58	-2.7	

T20 - 400m hdl - FINAL JM (S)

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	213	Luke MORGAN	Cardiff AAC	57.25		

F58 - High Jump - South Wales Junior Men 14:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	145	David GUEST	Bridgend AC	1.85		
2	366	Curtis MATTHEWS	Barry & Vale	1.80		
3	277	Lewis LONG	Cardiff AAC	1.80		

F28 - Pole Vault - South Wales Junior Men 12:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	145	David GUEST	Bridgend AC	4.25		

F37 - Long Jump - South Wales Junior Men 12:50

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	145	David GUEST	Bridgend AC	7.01		
2	366	Curtis MATTHEWS	Barry & Vale	6.22		

F20 - Shot - South Wales Junior Men - (6.0kg) 12:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	325	Anthony HALLING	Rhondda AC	11.31		

F73 - Discus - South Wales Junior Men - (1.75kg) 16:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	366	Curtis MATTHEWS	Barry & Vale	32.08		
2	325	Anthony HALLING	Rhondda AC	31.18		

F43 - Javelin - South Wales Junior Men - (800g) 13:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	361	Joshua WILLIAMS	Cardiff AAC	41.28		
2	325	Anthony HALLING	Rhondda AC	31.39		
3	360	Kyle GARRISON	Cardiff AAC	26.45		

T18 - 100m - FINAL SM (S), SM (E)

12:15

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	105	Liam DUFF	Cardiff AAC	11.23	-1.3	
2	106	Matt ELIAS	Cardiff AAC	11.3		
3	111	Tom MILLER	Cardiff AAC	11.61		
4	107	Luke LITCHFIELD	Aberdare VAAC	12.56		
5	110	Ioannis MEKRAS	Newham & Essex Beagles	12.93		
Master Men						
1	118	Steve LEWIS	Cardiff AAC	13.47	-0.3	MM
2	120	Jeffery ROBERTS	Bridgend AC	14.01		MM
3	117	Rod HOWE	Cardiff AAC	14.37		MM

T49 - 200m - FINAL SM (S), SM (E)

15:35

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	106	Matt ELIAS	Cardiff AAC	22.05	-2.9	
2	153	Rhys WILLIAMS	Cardiff AAC	22.21		
3	111	Tom MILLER	Cardiff AAC	22.85		
4	152	Jon SWELL	Cardiff AAC	23.91		
Master Men						
1	118	Steve LEWIS	Cardiff AAC	27.83	-1.1	
2	117	Rod HOWE	Cardiff AAC	29.85		

T62 - 400m - FINAL SM (S), SM (E)

16:55

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	185	Joe THOMAS	Cardiff AAC	48.86		
2	184	Aaron TEAL	Cardiff AAC	52.72		
Master Men						
1	189	Sean PRICE	Rhondda AC	55.04		
2	188	Bilal NAMANI	Rhondda AC	58.54		

T33 - 1500m - FINAL 17M (E), JM (E), SM (E), MM (E)

14:05

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	369	Ed TAKATA	Cardiff AAC	4:16.00		

T20 - 400m hdl - FINAL SM (S), SM (E)

12:25

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	153	Rhys WILLIAMS	Cardiff AAC	51.02		
2	215	David WILLIAMS	Aberdare VAAC	1:06.74		

F60 - High Jump - South Wales Senior Men 14:20

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	113	Daniel WILLIAMS	Aberdare VAAC	1.65		

F30 - Pole Vault - South Wales Senior Men 12:30

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	290	Jonathan MURRAY	Cardiff AAC	4.15		

F21 - Shot - South Wales Senior Men - (7.26kg) 12:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	370	Ian DWIGHT	Cardiff AAC	5.68		

F75 - Discus - South Wales Senior Men - (2.0kg) 16:00

Pos	Bib	Athlete	Club	Perf	W/S	Comments
1	330	Brett MORSE	Birchfield Harriers	55.89		